

*Griffiths (Thos. J.)*

EXTRA ARTICLES OF DIET,

TOGETHER WITH

RECIPES

ADOPTED TO THE

ORDINARY DIET IN HOSPITAL,

COLLATED FROM

“Soyer’s Culinary Campaign,”

AND ARRANGED FOR THE

U. S. MARINE HOSPITAL,

BY

✓  
THOS. J. GRIFFITHS, Surgeon in Charge.

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EXTRA ARTICLES OF DIET FOR PATIENTS IN


**U. S. Marine Hospital,**

LOUISVILLE, KY.

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 Any of these articles, and more to be furnished as the cases and Patients require, by order of the Surgeon in charge.

Farina for Puddings, &c.  
Tapioca for Puddings, &c.  
Oat Meal,  
Beef Tea,  
Beef Essence,  
Arrow Root,  
Black and Green Tea,  
Coffee,  
Rice,  
Mush and Milk,  
Boiled Chicken or Game,  
Eggs and Ham,  
Fish, (fresh and salt,)  
Custard,

Lemons,  
Butter.  
Ice,  
Canned Fruits, and fresh,  
Liquors, Malt and Spiritous,  
Custard Puddings,  
Corn and Starch Puddings,  
Preserves and Jellies, of  
all kinds.  
Chicken and Chicken Soup,  
Mutton Chops & Beef Steak,  
Oyster and Oyster Stews  
and Soup,  
Vegetables, of all kinds.

 Extras are most generally ordered for patients whose condition is such that they are put upon low diet. They include eggs, poached, boiled, beaten raw, or otherwise prepared; oysters, raw or cooked; fresh fruit; custards; jellies, or any similar articles which may be directed by the surgeon.

In certain cases, however, none of these forms of diet are adapted to the case. Thus, in certain fever cases the diet may be ordered to consist entirely of beef essence, or beef tea, with wine whey, or milk punch, given at stated intervals, or, as in certain wounds about the face interfering with mastication, it may be necessary that the whole diet should be in a liquid form, consisting of soups, gruels, and the like (spoon diet). These forms of diet must always be specially ordered by the surgeon.





## RECIPES.

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*Coffee for ten men (Soyer's Method.)*—Put 9 pints of water into a canteen saucepan (or other vessel) on the fire; when boiling, add  $7\frac{1}{2}$  oz. of coffee; mix them well together with a spoon or piece of wood; leave on the fire a few minutes longer, or until just beginning to boil. Take it off, and pour in 1 pint of cold water; let the whole remain ten minutes, or a little longer; the dregs will fall to the bottom, and the coffee will be clear. Pour it from one vessel into another, leaving the dregs at the bottom; add 2 teaspoonfuls of sugar to the pint. If milk is to be had, make 2 pints less of coffee, and add that much milk; boiled milk is preferable.

The following modified recipe may be used:

*Hospital recipe for coffee for fifty men, allowing 1 pint to each.*—*Ingredients needed.*—Water, 5 gallons, milk  $1\frac{1}{2}$  gallon, sugar  $3\frac{1}{2}$  lbs. *Directions.* Put into the boiler 35 pints of water (4 gallons and 3 pints); bring it to a boil. When boiling, add  $2\frac{1}{2}$  lbs. of coffee; stir well until ebullition has thoroughly recommenced, say for four or five minutes; then lift the boiler off the fire, and pour in 5 pints ( $2\frac{1}{2}$  quarts) of cold water. Let it stand about ten minutes, when the coffee may be carefully poured or drawn off into the coffee-pots, leaving the dregs behind. To every two quarts drawn off add a pint of milk (boiled milk is best) and 5 oz. of sugar. A seven or eight gallon coffee-boiler answers very well for this purpose. If coffee for a hundred men is to be cooked in a single vessel, use double the quantity.

*REMARKS.*—Two points in these receipts are of practical importance. First, the coffee is not to be introduced until the water is boiling, nor is it to be boiled too long. If this is neglected, the aroma is destroyed, and the coffee is muddy and insipid. Secondly, the subsequent addition of cold water causes the dregs to subside more rapidly, and “clears” the coffee.

*Tea for fifty men.*—(*Hospital Recipe based on Soyer's Recipe.*)—*Ingredients needed.*—20 quarts of water, 5 of milk, 6 oz. of tea, and  $3\frac{1}{2}$  pounds of sugar. *Directions.*—Put into the boiler 20 quarts of water,  $2\frac{1}{2}$  gallons. Bring it to a boil. When boiling, introduce 6 oz. of tea tied up loosely in a bag of bobinet or mosquito netting, to prevent the leaves becoming diffused throughout the liquor. Allow it to boil one or two minutes; then lift the boiler off the fire, and allow it to stand on the stove or range, but not over the coals, for ten or fifteen minutes to draw. While drawing, the boiler should be covered. Stir in now 5 quarts of milk and  $3\frac{1}{2}$  pounds of sugar, and the tea is ready for the table.

*REMARKS.*—The aim of this process is *not* to boil the tea, but to allow it to macerate (or draw) in boiling water.

*Codfish Hash.*—Put the salt fish to soak over night in weak solution of lime water [half a pound of unslacked lime to a pail of water (2 gallons), add lime to water, and when dissolved, strain and soak codfish in it for 6 hours]

fleshy side downward. Next morning put it in a pot with fresh water, and simmer till it is tender. Pick the flesh from the skin, rejecting the bones; chop it fine, and mix with three times its weight of boiled potatoes, moistening the mixture with pork scraps and *dip* (*i. e.* pork cut up fine and tried out). The addition of some milk will be found a great improvement. About 12 pounds of fish and 36 of potatoes prepared in this way will make a good breakfast relish for one hundred men.

*Beef Soup for fifty men.—Soyer's Army Recipe.—Ingredients Needed.*—Cold water,  $7\frac{1}{2}$  gals., fresh beef, 50 lbs., rice, 3 lbs., fresh vegetables (*viz.*: carrots, onions, turnips, potatoes, parsley, &c., &c.) 8 lbs. (or desiccated vegetables,  $1\frac{1}{2}$  lbs.) 10 small tablespoonfuls of salt, 1 tablespoonful of pepper. *Directions.*—Put all the ingredients, except the rice, into the boiler; gradually bring it to a boil; then add the rice, and simmer three hours, when it will be ready to serve. Before serving, the fat should be skimmed off and kept in a clean vessel; it will serve as an excellent substitute for butter for many cooking purposes. The meat may be eaten with the soup, or, if other meat is given at dinner, may be kept for breakfast relishes.

*Semi-stewed Beef and Soup for one hundred men.—(Soyer's Hospital Recipe.)—Ingredients needed.*—Cold water, 130 pints ( $16\frac{1}{2}$  gallons), fresh beef, 70 lbs. (in pieces of 4 or 5 lbs.,) mixed fresh vegetables, 12 lbs. (carrots, onions, parsley, turnips, potatoes, &c., according to taste or convenience,) barley or rice, 9 lbs. 6 oz., salt, 1 lb. 7 oz., flour, 1 lb. 4 oz., sugar 1 lb. 4 oz., pepper, 1 oz. *Directions.*—Put all the ingredients into the caldron at once, except the flour; set it on the fire, and, when beginning to boil, diminish the heat and simmer gently for two hours and a half; then add to the soup the flour, which has been first mixed with enough water to form a light batter; stir well together with a large spoon; boil another half-hour; skim off the fat; take out the meat, and serve the soup and meat separate. The soup should be stirred now and then while making, to prevent burning, or sticking to the sides of the caldron.

*REMARKS.*—The joints are cooked whole, and afterwards cut up into equal portions, one for each man. The meat cooked in this way is more nutritious.

*Variations.*—The addition of a quarter of a pound of curry powder, or of half a pint of burn sugar water, gives an agreeable diversity in appearance and flavor.

*Semi-stewed Mutton and Soup for one hundred men.—(Soyer's Hospital Recipe.)—Ingredients.*—The same as in the last recipe, except that mutton is substituted for beef.

Proceed the same as for beef, except that, as mutton needs less cooking than beef, the joints should be taken out before the flour is added, and kept warm in a suitable pan till time for serving.

*Plain Irish Stew for fifty men.—(Soyer's Recipe.)—Ingredients.*—Fresh mutton or beef, 50 lbs., large onions, 8 lbs., whole potatoes, 12 lbs., 8 tablespoonfuls of salt, 3 tablespoonfuls of pepper; water, a sufficient quantity. *Directions.*—Cut the meat into pieces of a quarter of a pound each; put the ingredients into the pan with enough water to cover them all. Set it on the fire, and keep up gentle ebullition, stirring occasionally, for an hour and a half for mutton, and two hours for beef. Then mash some of the potatoes to thicken the gravy, and serve.

*Variations.*—Fresh veal, or pork, may be used instead, when convenient.

*"Soyer's Food" for fifty men.—Ingredients.*—Fresh beef 50 lbs., onions, 7 lbs., flour  $1\frac{1}{2}$  lbs., 10 tablespoonfuls of salt, 2 tablespoonfuls of pepper, 4 tablespoonfuls of sugar, water, 18 quarts. *Directions.*—Cut the beef into pieces of a quarter of a pound each, slice the onions, and introduce all the solid ingre-



dients except the flour, with a little of the water into the boiler. Set it on the fire and let it stew, stirring occasionally, for twenty to thirty minutes, or till it forms a thick gravy; then add a pound and a half of flour; mix well together, and add the rest of the water; stir well for a minute or two; regulate the stove to a moderate heat, and let simmer for about two hours.

*Variations.*—A pound of rice may be added to great advantage, also plain dumplings, and potatoes, or mixed vegetables.

*Suet Dumplings for Soups or Stews.*—(*Soyer's Recipe.*)—*Ingredients.*—Half a pound of flour, half a teaspoonful of salt, a quarter of a pound of chopped fat pork (or of beef suet), and eight tablespoonfuls of water with two onions chopped fine, if convenient. *Directions.*—Mix well into thick paste; divide into pieces of convenient size; roll them in flour and put into the soup, or stew, about half an hour before it is done.

*REMARKS.*—A few dumplings made in this manner, and scattered through the soup, are a great addition, but they should not be too abundant.

*To boil Salt Beef (or Pork) for fifty men.*—(*Soyer's Recipe.*)—Put 50 lbs. of meat in pieces of 3 or 4 lbs. each into a boiler; fill the boiler with water, and let the meat soak all night. Next morning wash the meat well, and pour away the salt water. Fill the boiler with fresh water; boil gently three hours and serve. Skim off the fat, which, when cold, is an excellent substitute for butter.

For salt pork, proceed as above, or boil half beef and half pork. The pieces of beef should be smaller than those of pork, as beef requires longer to cook. Where salt meat can not be soaked all night, it should be parboiled for twenty minutes, and then the water poured off, fresh poured on, and the cooking commenced.

*Soup from the Liquor in which Salt Pork has been boiled.*—The liquor in which salt pork has been boiled can be made into a very good soup with peas, or beans. Add to the liquor in which 50 lbs. of salt pork has been cooked 5 lbs. split peas,  $\frac{1}{2}$  lb. brown sugar, 2 tablespoonfuls of pepper, and 10 onions; simmer gently till the peas are reduced to a pulp, and serve. Broken biscuits may be introduced. This will make an excellent mess. Beans properly soaked may be substituted for the peas.

*Stewed Salt Beef and Pork for one hundred men.*—*Ingredients.*—Well soaked beef, 30 lbs., cut into pieces of  $\frac{1}{2}$  lb. each, pork 20 lbs., sugar,  $1\frac{1}{2}$  lbs., onions, sliced, 8 lbs., water 25 quarts, rice 4 lbs. *Directions.*—Introduce all the ingredients into a boiler, simmer gently for three hours; skim the fat off the top, and serve.

*REMARKS.*—The beef and pork must be well soaked over night, according to directions given.

*Bean Soup for one hundred men.*—*Ingredients.*—8 quarts of beans, 30 lbs. of pork, half a dozen onions, salt  $\frac{1}{2}$  lb., pepper, 1 oz., water, 120 pints (15 gallons.) *Directions.*—Soak the beans over night in cold water. Cut the pork into pieces of from three to five pounds each.

At eight o'clock in the morning the beans are to be put into a caldron filled with water, and boiled for two hours and a half, when the water is to be poured off and the beans are to be added to the pork-liquor next to be described. The pork is to be introduced into another caldron, at quarter-past eight o'clock, and boiled briskly for an hour, when the liquid is to be poured off and replaced by clean *hot* water, 120 pints (15 gallons) to 30 lbs. of pork. The pork is now to be boiled an hour and a half longer, when it is to be taken out and laid aside to be served separately. The beans are then added to the liquid

in which the pork was boiled, then add the salt, pepper, and the onions (chopped or sliced.) After fifteen minutes more boiling the beans are to be mashed with a wooden spoon made for the purpose, and the soup which is now ready is to be served with a slice of pork in a separate dish.

*Bean Soup for one hundred men.*—(*American Army Recipe.*)—*Ingredients.* 8 quarts of beans, 20 lbs., of pork half a dozen onions, salt  $\frac{1}{2}$  lb., pepper 1 oz., water 120 pints (15 gallons.) *Directions.*—Soak the beans over night. Early in the morning put them into a caldron with water, and boil steadily for three hours, or until the beans are so well done that they can be strained through a sieve, leaving their skins on the sieve. They are then to be so strained, after which the pork, cut in slices, the onions, chopped fine, and the pepper and salt are to be added, and the boiling continued two or three hours longer, or till the pork is done tender, when the soup is ready.

In making this soup, good soft water is required. At posts where the water is hard, rain-water must be substituted. The caldron must be clean and free from grease, and grease in every shape must be avoided until the beans are done.

*Browning for Soups.*—Put  $\frac{1}{2}$  lb. of moist sugar into an iron pan, and melt it over a moderate fire, stirring it continually till quite black, which will take about twenty-five minutes; it must color by degrees, as too sudden a heat will make it bitter: then add 2 quarts of water, and in ten minutes the sugar will be dissolved. You may then bottle it for use. It will keep good for a month, and will always be found very useful.

*Baked Pork and Beans.*—The beans and pork, having been soaked over night, are boiled separately in the morning for about two hours. The pork is then put into pans, surrounded and covered by the beans, a little pepper added, and baked one hour by a moderate fire.

*Corned Beef and Cabbage.*—The beef, having been soaked in fresh water over night, is placed in a caldron and simmered over a moderate fire for two hours and a half, skimming carefully every fifteen or twenty minutes. As much cabbage as the water will cover is then introduced, and the ebullition is to be continued gently for an hour and a half.

*Boiled Potatoes.*—Wash the potatoes, and put them with their skins on into the caldron; throw in a handful of salt, and fill the vessel with cold water. Put it on the fire, and bring it to a boil. When the water boils, throw in a little cold water to check it: do so two or three times. When the potatoes are very nearly cooked, pour off all the water, and stand the kettle over the fire till the steam evaporates. This process will make the potatoes mealy.

*Indian Mush for one hundred men.*—(*American Army Recipe.*)—*Ingredients.*—Indian meal, 20 lbs., water, 70 pints ( $8\frac{3}{4}$  gallons), salt, 6 oz. Moisten slightly the meal with water. It will require about one gallon and three-fourths for this purpose. Have the rest of the water—say 7 gallons—in the caldron boiling; add the salt, then stir in the moistened meal. The stirring should be continued after all the meal is in, to prevent burning. From twenty minutes to half an hour will be found long enough to boil. The above quantities will make 100 pints of mush, or a little more. One pint may be served to each man, with molasses or milk. If milk, one pint should be allowed to each patient; if molasses, one gallon to one hundred men.

REMARKS.—If the meal is stirred in *dry*, the mush will be lumpy.

*Plain Boiled Rice.*—(*Soyer's Recipe.*)—Rice,  $\frac{1}{3}$  lb., water 2 quarts, salt 1 teaspoonful, or in that proportion for larger quantities. Put the salt and water



into the stew-pan or boiler. When boiling, add the rice, previously well washed. Boil for ten minutes, or till each grain becomes rather soft. Drain it on a colander. Slightly grease the pot with butter; put the rice back into it; let it swell slowly for about twenty minutes near the fire or in a slow oven; each grain will then swell up and be well separated. It is then ready for use.

*To make Yeast.*—Fill a kettle three-fourths full of clean, clear water; place it over a brisk fire, and, when it boils, add three good handfuls of hops; then put into the yeast-tub four pounds of flour, and strain into it, from the kettle, enough of the hot “hop-water” to make a paste, working it until it is perfectly free from lumps. By this time the hops in the kettle will be sufficiently boiled, and must be strained into the yeast-tub, and stirred with a wooden paddle until thoroughly amalgamated. Let it stand until it cools a little,—about blood-heat,—and add three pints of cracked malt and two quarts of stock yeast, mixing it all well together to prevent any lumps remaining, and setting it away in some quiet, warm place, where it will remain undisturbed, for fifteen hours; then it must be strained before using. Care must be taken *always* to keep enough on hand for stock the next making.

*Beef Tea. Recipe for 6 pints.*—Cut 3 lbs. of beef into pieces the size of walnuts, and chop up the bones, if any; put it into a convenient-sized kettle with  $\frac{1}{2}$  lb. of mixed vegetables, such as onions, leeks, celery, turnips, carrots (or one or two of these if all can not be obtained), 1 oz. of salt, a little pepper, 1 teaspoonful of sugar, 2 oz. of butter, and  $\frac{1}{2}$  pint of water. Set it on a sharp fire for ten minutes or a quarter of an hour, stirring now and then with a spoon, till it forms a rather thick gravy at bottom, but not brown; then add 7 pints of hot or cold water,—but hot is preferable. When boiling, let it simmer gently for an hour; skim off all the fat, strain it through a sieve, and serve.

*Thick Beef Tea.*—Dissolve a large teaspoonful of arrow-root in a gill of water, and pour it into the beef tea above described twenty minutes before passing through the sieve.

*Beef Tea with Calves'-foot Jelly or Isin-glass.*—Add  $\frac{1}{4}$  oz. calves'-foot gelatine or isin-glass to the above quantity of beef tea, when cooking, previous to serving.

*Mutton and Veal Tea.*—Mutton and veal will make good tea by proceeding precisely the same as above. The addition of a small quantity of aromatic herbs is always desirable. If no fresh vegetables are at hand, use 2 oz. of mixed preserved vegetables to any of the above recipes.

*Chicken Broth.*—Put in a stew-pan a fowl, 3 pints of water, 2 teaspoonfuls of rice, 1 teaspoonful of salt, a middle-sized onion, or 2 oz. of mixed vegetables; boil the whole gently for three-quarters of an hour: if an old fowl simmer from one hour and a half to two hours, adding 1 pint more water; skim off the fat, and serve.

NOTE.—A light mutton broth may be made precisely the same, by using a pound and a half of scrag of mutton instead of fowl.

*Beef Essence.*—Cut 1 pound of lean but tender beef into small dice, and introduce them into a bottle, which is to be corked and stood in a pot of water; boil for three hours; then strain off the liquor by putting the meat, after all that can be is poured off, in a linen bag and expressing. A little pepper and salt may be added.

*Sweet Rice.*—Add to  $\frac{1}{2}$  lb. of rice plain boiled as heretofore directed—1 oz. of butter, 2 tablespoonfuls of sugar, a little cinnamon, a quarter of a

pint of milk; stir it with a fork and serve. A little currant jelly or jam may be added to the rice.

*Rice with Gravy.*—Add to the same quantity of rice 4 tablespoonfuls of the essence of beef, a little fresh butter, half a teaspoonful of salt; stir together with a fork, and serve.

✓ *Plain Oatmeal.*—Put in a pan  $\frac{1}{2}$  lb. of oatmeal,  $1\frac{1}{2}$  oz. of sugar, half a teaspoonful of salt, and 3 pints of water; boil slowly for twenty minutes, stirring continually, and serve. A quarter of a pint of boiled milk, an ounce of butter, and a little pounded cinnamon or spice, added previous to serving, is a good variation.

*Calves'-Foot Jelly.*—Put in a proper-sized stew-pan  $2\frac{1}{2}$  oz. of calves'-foot gelatine, 4 oz. of white sugar, 4 whites of eggs and shells, the peel of a lemon, the juice of 3 middle-sized lemons, half a pint of marsala or sherry wine. Beat all well together with the egg-beater for a few minutes; then add  $4\frac{1}{2}$  pints of cold water; set it on a slow fire, and keep whipping it till boiling. Set it on the corner of the stove, partly covered with the lid, upon which you place a few pieces of burning charcoal; let it simmer gently for ten minutes, and strain it through a jelly-bag. It is then ready to be put in ice or some cool place.

For orange jelly, use only 1 lemon and 2 oranges. Any delicate flavor may be introduced.

+ *Farina Pudding.*—Boil 3 pints of milk, into which, while boiling, sprinkle slowly one-quarter of a pound of farina (Hecker's farina.) Continue the boiling three-quarters of an hour. Turn it into a jelly-mould, and place it on ice or in cold water to stiffen. It may be eaten with pulverized sugar.

The boiling should be conducted in a double boiler, or in a saucepan set into a pan of water to boil in such a way that the bottom of the saucepan does not touch the bottom of the pan: this is to avoid burning.

+ *Corn Starch Blanc-Mange.*—Beat 6 tablespoonfuls of corn starch (Duryea's Maizena) thoroughly with 3 eggs; add to it 1 quart of milk nearly boiling, and previously salted a little: allow it to boil a few minutes, stirring briskly. Flavor with lemon or vanilla, and pour into a mould to stiffen. It may be sweetened before cooking, or may be cooked without sweetening, and eaten with pulverized sugar or a sauce.

+ *Boiled Custard (Corn Starch.)*—Heat 1 quart of milk nearly to boiling; add 2 tablespoonfuls of corn starch previously mixed with a little milk, 3 eggs well beaten, with 4 tablespoonfuls of powdered sugar, half a teaspoonful of salt, and a small piece of butter. Flavor with lemon or vanilla. Let it boil up once or twice, stirring briskly, and it is done. To be eaten cold.

*Calves'-Foot Jelly, from Calves' Feet.*—This jelly requires to be made the day previous to being used, requiring to be very hard to extract the fat.

Take 2 calves' feet, cut them up, and boil in 3 quarts of water; as soon as it boils, remove it to the corner of the fire and simmer for five hours, keeping it skimmed; pass through a hair sieve into a basin, and let it remain until quite hard; then remove the oil and fat, and wipe the top dry. Place in a stew-pan  $\frac{1}{2}$  pint of water, 1 pint of sherry,  $\frac{1}{2}$  lb. of lump sugar, the juice of 4 lemons, the rinds of 2, and the whites and shells of 5 eggs; whisk until the sugar is melted; then add the jelly, place it on the fire, and whisk until boiling; pass it through a jelly-bag, pouring that back again which comes through first, until quite clear: it is then ready for use. Vary the flavor according to fancy.

*the better washed may be used (instead of calves' feet, where these can not be had; but they require an hour more simmering). In summer, ice must be used to set the jelly.*

*Sago Jelly.*—Put into a pan 3 oz. of sago, 14 oz. of sugar, half a lemon-peel cut very thin, 4 teaspoonful of ground cinnamon, or a small stick of the same; put in 4 or 5 pints of water and a little salt; boil ten minutes, or a little longer, stirring continually, until rather thick; then add a little port, sherry, or muscadine wine: mix well, and serve hot or cold.

*Arrow-Root Milk.*—Put into a pan 4 oz. of arrow-root, 3 oz. of sugar, the peel of half a lemon, 4 teaspoonful of salt, 2½ pints of milk; set it on the fire, stir round gently, boil for ten minutes, and serve. If no lemons are at hand, a little essence of any kind will do.

When short of milk, use half water: half an ounce of fresh butter is an improvement before serving.

*Thick Arrow-Root Panada.*—Put in a pan 5 oz. of arrow-root, 2½ oz. of white sugar, the peel of half a lemon, 4 teaspoonful of salt, 4 pints of water: mix all well, set on the fire, boil for ten minutes: it is then ready. Milk is preferable to water if at hand.

*Arrow-Root Water.*—Put into a pan 3 oz. of arrow-root, 2 oz. of white sugar, the peel of a lemon, 4 teaspoonful salt, 4 pints of water: mix well, set on the fire, boil for ten minutes: it is then ready to serve, either hot or cold.

*Rice Water.*—Put 7 pints of water to boil; add to it 2 oz. of rice well washed, 2 oz. of sugar, the peel of two-thirds of a lemon; boil gently for three-quarters of an hour; it will reduce to 5 pints: strain through a colander: it is then ready.

*Barley Water.*—Put into a saucepan 7 pints of water, 2 oz. of barley, which stir now and then while boiling; add 2 oz. of white sugar, and the rind of half a lemon thinly peeled; let it boil gently for about two hours, without covering it: pass it through a sieve or colander: it is then ready. The barley and lemon may be left in it.

*Soyer's Plain Lemonade.*—Thinly peel the third part of a lemon, which put in a bowl with 2 tablespoonfuls of sugar; roll the lemon in your hand upon the table to soften it, cut it in two lengthwise, squeeze the juice over the peel, stir round for a minute with a spoon to form a sort of syrup; pour over a pint of water, mix well, and remove the pips: it is then ready for use.

If a very large lemon, fresh and full of juice, you may make a pint and a half, to a quart, adding sugar and peel in proportion to the increase of water. The juice only of the lemon and sugar will make lemonade, but will then be deprived of the aroma which the rind contains.

*Semi-Citric Lemonade.—Recipe for 50 pints.*—Put 1 oz. of citric acid to dissolve in a pint of water; peel 20 lemons thinly, and put the peel in a large vessel with 3 lbs. 2 oz. of white sugar well broken; roll each lemon on the table to soften it, which will facilitate the extraction of the juice; cut them in two, and press out the juice into a colander or sieve over the peel and sugar; then pour half a pint of water through the colander, so as to leave no juice remaining; triturate the sugar, juice, and peel together for a minute or two with a spoon, so as to form a sort of syrup and extract the aroma from the peel; add the dissolved citric acid, mix all well together, pour on 50 pints of cold water: stir all well together: it is then ready. A little ice in summer is a great addition.

*Soyer's Cheap Crimean Lemonade.*—Put into a bowl 2 tablespoonfuls of sugar, ½ tablespoonful of lime-juice; mix well for one minute; add 1 pint of water, and the beverage is ready. A little ice is an agreeable addition.



*Tartaric Lemonade.*—Dissolve 1 oz. of crystallized tartaric acid in a pint of cold water, which put in a large vessel: when dissolved, add 1 lb. 9 oz. of white or brown sugar (the former is preferable); mix well to form a thick syrup; add to it 24 pints of cold water, slowly mixing well: it is then ready.

A similar beverage may be made of citric acid, using, however, only 20 pints of water to each ounce.

*Cheap Plain Rice Pudding without eggs or milk.*—Put on the fire, in a moderate-sized saucepan, 12 pints of water: when boiling, add to it 1 lb. of rice, 4 oz. of brown sugar, 1 large teaspoonful of salt, and the rind of a lemon thinly peeled; boil gently for half an hour, then strain all the water from the rice; add to the rice 3 oz. of sugar, 4 tablespoonfuls of flour,  $\frac{1}{2}$  teaspoonful of pounded cinnamon; stir it on the fire carefully for five or ten minutes; put it in a tin or a pie-dish, and bake.

The rice water poured off, as above directed, may be made into a beverage, the juice of a lemon being introduced to give it flavor.

*Rich Rice Pudding.*—Put  $\frac{1}{2}$  lb. of washed rice in a stew-pan, 3 pints of milk, 1 pint of water, 3 oz. of sugar, 1 lemon-peel, 1 oz. of fresh butter; boil gently half an hour, or until the rice is tender; add 4 eggs well beaten, mix well, bake quickly for half an hour and serve.

*Boiled Rice Semi-Curried* (suitable for cases of commencing diarrhoea).—Put 1 quart of water in a pot or saucepan; when boiling, add  $\frac{1}{2}$  lb. of well-washed rice; boil fast for ten minutes; then drain the rice on a colander, put it in a saucepan greased slightly with butter, let it swell slowly near the fire, or in a slow oven, till tender; each grain will then be light and well separated; add a quarter of a teaspoonful of curry-powder; mix together lightly with a fork, and serve.

*Batter Pudding.*—Break 2 fresh eggs in a basin, beat them well; add one tablespoonful and a half of flour, which beat up with your eggs with a fork until no lumps remain; add a gill of milk and a teaspoonful of salt; butter a bowl, pour in the mixture, put some water in a stew-pan, enough to immerge half-way up the cup or bowl: Boil for twenty minutes, or till the pudding is well set; pass a knife to loosen it, turn out on a plate, pour pounded sugar over it, with or without a little butter, and serve.

*Bread-and-Butter Pudding.*—Butter a tart-dish well, and sprinkle some currants all round it; then lay in a few slices of bread and butter; boil 1 pint of milk, pour it on 2 eggs well whipped, and then on the bread and butter; bake in a hot oven for half an hour. The currants may be omitted when not convenient.

*Bread Pudding.*—Boil 1 pint of milk, with a piece of cinnamon and lemon peel; pour it on 2 oz. of bread crumbs, then add 2 eggs,  $\frac{1}{2}$  oz. of currants, and a little sugar: steam it in a buttered mould, or pan, for one hour.

*Custard Pudding.*—Boil 1 pint of milk with a small piece of lemon peel and half a bay-leaf for three minutes; then pour these on to 3 eggs; mix it with 1 oz. of sugar well together, and pour it into a buttered mould or pan; set this in a stew-pan with some water, steam it for twenty-five minutes, turn it out on a plate, and serve.

*Stewed Macaroni.*—Put in a stew-pan 2 quarts of water, half a tablespoonful of salt, 2 oz. of butter; set on the fire; when boiling, add 1 lb. of macaroni, broken up rather small; when boiled very soft, throw off the water; mix well into the macaroni a tablespoonful of flour, add enough milk to make it of the consistency of melted butter, boil gently twenty minutes, add in a tablespoonful of either brown or white sugar, or honey, and serve.

A little cinnamon, nutmeg, lemon peel, or orange flower water may be introduced to impart a flavor; stir quick. A gill of milk or cream may be thrown in three minutes before serving. Nothing can be more light and nutritious than macaroni done in this way.

*Macaroni Pudding.*—Put 2 pints of water to boil; add, when boiling, 2 oz. of macaroni, broken in small pieces; boil till tender; draw off the water, and add half a tablespoonful of flour, 2 oz. of white sugar, a quarter of a pint of milk, and boil together for ten minutes; beat an egg up, add it to the other ingredients with a nut of butter: mix well, and bake, or steam. It can be served plain, and may be flavored with either cinnamon, lemon, or some essence.

*Sago Pudding.*—Put in a pan 4 oz. of sago, 2 oz. of sugar, half a lemon peel, or a little cinnamon, a small nut of fresh butter, and half a pint of milk; boil for a few minutes, or until rather thick, stirring all the while. Beat up 2 eggs, and mix quickly with the same: it is then ready for either baking or steaming.

*Tapioca Pudding.*—Put in a pan 2 oz. of tapioca, 1½ pint of milk, 1 oz. of white or brown sugar, and a little salt; set on the fire; boil gently for fifteen minutes, or until the tapioca is tender, stirring now and then to prevent its sticking to the bottom, or burning; then add 2 eggs well beaten: steam, or bake, and serve. It will take about twenty minutes steaming, or a quarter of an hour baking slightly. Flavor with either lemon, cinnamon, or any other essence.

*Toast and Water.*—Cut a piece of crusty bread, about ¼ lb. in weight, place it upon a toasting-fork, and hold it about six inches from the fire; turn it often, and keep moving it gently until of a light yellow color; then place it nearer the fire, and when of a good brown chocolate color, put it in a jug and pour over 3 pints of boiling water; cover the jug until cold, then strain it into a clean vessel, and it is ready for use. Never leave the toast in it, for in summer it would cause fermentation in a short time.

A piece of apple slowly toasted till it gets quite black, and added to the above, makes a very nice and refreshing drink for invalids.

*Figs and Apple Beverage.*—Have 2 quarts of water boiling, into which throw 6 dry figs previously opened, and 2 apples, cut into six or eight slices each; let the whole boil together twenty minutes, then pour them into a basin to cool: pass through a sieve. The figs, if drained, will be good to eat with a little sugar, or jam.

*Egg Soup.*—Beat an egg perfectly light, beating white and yolk at first separately, and when light mixing them well together; add a teaspoonful of powdered sugar, a little nutmeg, and while stirring briskly pour in a wineglassful of boiling water, and then add a wineglassful of sherry wine.

*Omelets with fine Herbs.*—Six eggs will make a nice omelet for two persons. Break them carefully into a bowl, as a tainted egg will spoil all the rest; add three-quarters of a tablespoonful of salt, a quarter ditto of pepper, two of chopped parsley, and half a one of fine-chopped onions. Beat them well. Put 2 oz. of butter in a clean frying-pan, place it on the fire, and, when the butter is very hot, pour in the eggs, which keep mixing quick with a spoon until all is delicately set; then let it slip to the edge of the pan *en masse*, laying hold of the handle and raising it slantwise, which will give an elongated form to the omelet; turning the edges, let it set a minute: turn on a dish, and serve.

*For Bacon or Ham Omelets.*—Cut 2 oz. of ham or bacon, not too salt, in small dice; fry two or three minutes in the butter before putting in the eggs, and proceed as above.

*Boiled Eggs.*—The water should be boiling before the eggs are introduced. Three minutes is long enough for soft-boiled and five for hard-boiled eggs.

*Fried Steaks.*—Cut the steak in pieces of 8 oz. each; flatten them to the thickness of three-quarters of an inch, taking care that each piece contains a little fat. Put a clean frying-pan on the fire, with half an ounce of butter, which when browned a little is ready to receive the steak; keep it on a rather quick fire, turning it several times, and, when cooking, season each side with one-fourth of a teaspoonful of salt and a pinch of pepper. Six minutes will do the steak, and by pressing it with a fork or the finger you can ascertain if it is equally done through. When done, suspend the steak over the pan, to allow the melted fat, if any, which clings to the meat, to fall back into the pan.

*Fried Chops.*—Have a fine chop weighing 8 oz., and three-quarters of an inch in thickness, without too much bone or fat. Cook the same as the steak, turning two or three times until well browned on either side. The fire for both should be brisk, as the surface of the meat becomes thereby carbonized and retains the juice.

*Broiled Chops and Steaks.*—To broil either, place them on a gridiron over a sharp fire, and turn two or three times while cooking. Six minutes will do either. Season as for fried steaks.

More is lost in weight by broiling than by frying; but the flavor is better, and the meat is more succulent.

*Roast and Grilled Fowls.*—Fowls should be roasted whole, and divided into diets according to size.

They should also be grilled whole, being divided up the back and trussed as usual for grilling. Rub over a little butter, and grill on a moderate fire, turning several times and keeping a light yellow color. When partly done, season with a small teaspoonful of salt and a little pepper. When done, rub over a little fresh butter: serve whole or in portions.

*Fried Fish.*—Any kind of fish, though fried in fat, when properly done, does not retain the slightest particle of fat which would be prejudicial to the patient. This is avoided by having the fat at a proper degree of heat, which can be ascertained when it begins to smoke, and when all boiling has ceased. If you then dip your finger in water and let a drop fall into the fat, it will hiss loudly, if properly heated. Fat over-heated is equally unfit for use, which fact can be ascertained by the quantity of black smoke emitted by the fat, and by its making a disagreeable smell.

You may always ascertain when fish is done, as then the flesh separates from the bone easily with the aid of a fork, if tried in the thickest part. Take care that it does not over-do, which takes all the nutriment from the fish.

*Broiled Fish.*—Trim as for frying, and dip in flour; butter very lightly over; put on a gridiron, previously well greased, to prevent sticking, over a very slow fire; turn once. Eight to ten minutes will do a fish of as many ounces' weight.

NOTE.—This is the lightest and the most difficult way in which a fish can be dressed.





